

Anti-wrinkle & Dermal Filler

Please read carefully and understand all information provided in this post care guide.

Anti-Wrinkle Injections

Remain upright for 4 hours after your anti-wrinkle treatment. Do not rub or massage the treated area for 48 hours after treatment. Gentle washing of the face or application of make-up is fine.

Abstain from vigorous exercise, heavy lifting or straining for the next 48 hours. Avoid any direct heat to the treated area. Avoid anti-inflammatories, fish oils and herbal supplements that thin the blood such as ginkgo, green tea and St John's Wort, as they may increase the chances of bruising. You may take paracetamol if needed. Do not undergo facials, microdermabrasion or laser treatments for the next 14 days.

You may notice some small bumps or marks in the area treated; these should resolve within a few hours. Avoid pressure on the treated area for the first few days e.g., headbands or sun visors.

It may take up to 14 days for the anti-wrinkle treatment to take full effect. If you experience increasing redness, tenderness, pain or fever please seek prompt advice from your treating practitioner.

Dermal Fillers

Keep the area clean and make-up free immediately after treatment. Bruising is not uncommon, however should there be a bruise present in an area of the face that has not been treated or any pain associated with bruising please contact our clinicians or After Hours contact number.

Should swelling or redness be present, you can manage this with a cold compress, however should pain be associated with inflammation in the area treated or any other area of the face that has not been treated, please contact our clinicians or our afterhours number immediately.

Avoid alcohol, strenuous exercise and extremes of temperature, such as saunas and spas or swimming in heated pools, for 48 hours. Avoid having eye wear rest on the cheek area if your treatment was in the cheeks. To alleviate bruising you can use icepacks 3-4 times per day in 10-minute increments if comfortable to do so. You can continue to do this until swelling decreases or subsides. You can also use Arnica cream to apply gently to the area treated, this is available at your local pharmacy. You can take paracetamol, but avoid anti-inflammatory medications such as ibuprofen as they may increase the chance of bruising.

Sunscreen and make-up can be applied gently and the treated area also gently washed a few hours post treatment. If you experience increasing redness, tenderness, fever, signs of cold sores or increasing pain please contact your treating practitioner.

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